

Below is a chart illustrating the nationally recognized guidelines for a lipid profile and glucose screening. All bloodwork participants at CMD receive a copy that includes their individual results, along with an informational debriefing.

Bloodwork Results
FAA Center for Management Development
4500 Palm Coast Parkway S.E., Palm Coast, FL 32137-8007
386-446-7202

Name:

Date: Result Number: Class:

Facility:

Your Levels	
Cholesterol: <input type="text"/> *	Desirable Level < 200 mg/dl Borderline High 200 – 239 mg/dl High Level > 240 mg/dl
HDL: <input type="text"/>	Coronary Heart Disease Increased Risk < 40 mg/dl Average Risk 40 – 59 mg/dl Decreased Risk ≥ 60 mg/dl
LDL: <input type="text"/>	Optimal < 100 mg/dl Near Optimal 100 – 129 mg/dl Borderline High 130 – 159 mg/dl High 160 – 189 mg/dl Very High ≥ 190 mg/dl
VLDL: <input type="text"/>	Normal ≤ 30 mg/dl When triglycerides are ≤ 400 mg/dl, VLDL can be calculated as triglycerides.
Chol/HDL: <input type="text"/>	Primary Goal ≤ 5.0 Optimal ≤ 3.5
Triglycerides: <input type="text"/>	Normal < 150 mg/dl Borderline-High 150 – 199 mg/dl High 200 – 499 mg/dl Very High > 500 mg/dl
Glucose: <input type="text"/>	Expected Range 65 – 109 mg/dl Prediabetes 110 – 125 mg/dl Diabetes ≥ 126 mg/dl

* This number alone does not provide adequate information. This number, together with your HDL, helps determine if a complete lipoprotein profile is needed.